

Subject	Dance		
	Interpretation of National Curriculum into Year group Endpoints		
Year	Term 1	Term 2	Term 3
7	<p>Components of a Warm up, definitions – pulse raiser, stretching (dynamic & static), mobility etc</p> <ul style="list-style-type: none"> • How the components are used in an effective dance warm up • Starting to apply the knowledge to create warm-ups and lead small groups • Learning the Foundations of Dance -six basic body actions in dance – Jump, turn, gesture, fall, travel, stillness • Dancing in a mixed group – starting with a teacher taught phrase and progressing to student choreographed phrases incorporating the six basic actions <p>Students will independantly research the dance style Bollywood and culture that encapsulates dance as a key component</p> <p>Apply the basic body actions to a specific dance style - Bollywood and understand how the choreographic devices of dynamic application and formation can be applied to recreate the appropriate style.</p> <ul style="list-style-type: none"> • Performing to peers and giving basic feedback • Learning effective practice methods 	<ul style="list-style-type: none"> •Performing dance in a specific style – focusing on Swing •Application of the foundations of dance to their practical choreographic work •Using dynamic application to create contrast between the dance style Swing <p>Understand and can describe the historical and social context of the Swing dance style and how this impacts today's dance industry</p> <p>Students will explore partner and contact work including assisteed jumps and lifts</p>	<p>The development of technique in a specific style</p> <ul style="list-style-type: none"> • What are the key characteristics of Contemporary dance technique - use of breath, use of weight, experimental and pushes boundaries. • Developing and applying technical skills - extension, flexibility, coordination to performances • What components make up the Urban style - tutting, break, Jazz and it's historical origins linked to Fosse, Astaire, Jackson • Dancing in a mixed group – developing confidence to perform • Performing to peers and giving detailed feedback using Tier 3 vocabulary • Developing effective practice methods